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IN THE CLAIMS:

The following is a complete listing of claims in this application.

Claims 1-25 (canceled).

26. (new) Method for adjusting nutrition in a person subjected to physical stress, comprising the steps of:

determining performance capacity of the person by determining individual anaerobic threshold of the person and measuring lactate accumulation rate ΔA at and above the individual anaerobic threshold;

determining a stress state of the person in relation to the measured individual anaerobic threshold and measured lactate accumulation rate ΔA; and

regulating at least one of fat, protein and carbohydrate consumption of the person as a function of the determined stress state, individual anaerobic threshold and lactate accumulation rate,

wherein the step of determining the lactate accumulation rate ΔA comprises the steps of:

measuring time-dependent lactate concentration change beyond the individual anaerobic threshold,

plotting a measurement curve of measured lactate concentration in relation to time,

determining a first gradient in the measurement curve at a time t_{IAT} that corresponds to the individual anaerobic threshold,

determining at least one second gradient in the measurement curve at a time t_x with $t_x > t_{IAT}$; and

subtracting the second gradient from the first gradient to determine a difference, which represents the lactate accumulation rate ΔA.

27. (new) Method according to claim 26, wherein the

stress occurs in a person over an extended period of time below the determined individual anaerobic threshold, and the fat and the carbohydrate percentage of the nutrition are adjusted comparatively higher than the protein percentage.

28. (new) Method according to claim 26, wherein the stress occurs with a lactate accumulation rate ΔA approaching ΔA_{max}, and the protein percentage of the nutrition is adjusted up to several times as with stress at $\Delta A = 0$.

29. (new) Method according to claim 26, wherein the performance capacity is determined under a stress selected from the group consisting of a running test, a swimming test, a stepping test and ergometry with graduated or continuous stress increase with and without breaks.

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